

『中国民间武术经典』丛书 *Chinese Folk Wushu Classic Series*

护手双钩

DOUBLE HOOKS

李素玲 主编
Chief Editor Li Suling

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王乐 译
Translator Wang Le

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百集“中国民间武术经典”光盘在国内外发行之后，引起巨大的反响，深受广大武术界同行的好评，特别是海外广大武术爱好者慕名而来，拜师求学者络绎不绝，并都希望看到与之相配套的文字教材。应广大读者的要求，我们以中英文对照形式编写了这套“中国民间武术经典”丛书，以帮助广大武术爱好者学习和了解博大精深的中华武术文化。

中华武术源远流长。本套丛书详细介绍了少林、太极、峨眉、武当、形意等诸多门派，包括内家和外家，近300余种拳法和武功绝活儿，是目前我国向国内外推介的最权威、最系统、最全面的武术文化精品。

“中国民间武术经典”丛书采用图文教材与影视教材相结合的立体教学手段，全方位地展现中华武术文化精髓。每个套路邀请代表当今最高水平的全国武术冠军、正宗流派传人以及著名武术专家进行技术演练和教学示范，保证学习者获取原汁原味的技法。

在丛书编写过程中，得到中国武术协会副主席王玉龙先生的关照支持，我们表示衷心感谢！参加本丛书校对工作的人员有张青川、邵佳、王浩、邵倩、韩晓宁等，在此一并致谢！

The 100 sets of *Chinese Folk Wushu Classic* compact disc has received great attention home and abroad since its publication. Most foreign Wushu lovers hope to get the written teaching materials attached to it. We have prepared this

“中国民间武术经典”丛书

Chinese Folk Wushu Classic Series

前言

Foreword

series of *Chinese Folk Wushu Classic* to help them understand the Chinese martial art and Chinese culture.

Chinese Wushu has a long history which is profound in content. This series have details on Shaolin, Taiji, Emei, etc. Including internal school and external school, nearly 300 species of the fist position and military accomplishments. They are the most authoritative, systemic and comprehensive of Wushu essence.

Chinese Folk Wushu Classic Series use graphic and video materials to demonstrate the best of the Chinese Wushu. For each routine, we invited the national Wushu champions, the orthodox heirs and famous Wushu experts who represent the highest level to conduct the technical trainings and the teaching demonstrations to guarantee the original techniques of these routines for the learners.

We express our heartfelt gratitude to Wang Yulong, vice-chairman of Chinese Wushu Association for his support and help in the process of compiling these books. We also thank Zhang Qingchuan, Shao Jia, Wang Hao, Shao Qian, Han Xiaoning for their careful work in revising our books. Thanks a lot!

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Editor

二〇〇七年七月大暑

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“中国民间武术经典”丛书

Chinese Folk Wushu Classic Series

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Chinese Folk Wushu Classic Series

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STEP TEACHING AND DIAGRAM

第一节

护手双钩简介

BRIEF INTRODUCTION OF DOUBLE HOOKS

第二节

护手双钩动作说明与图解

MOVEMENT EXPLANATIONS AND DIAGRAMS OF DOUBLE HOOKS

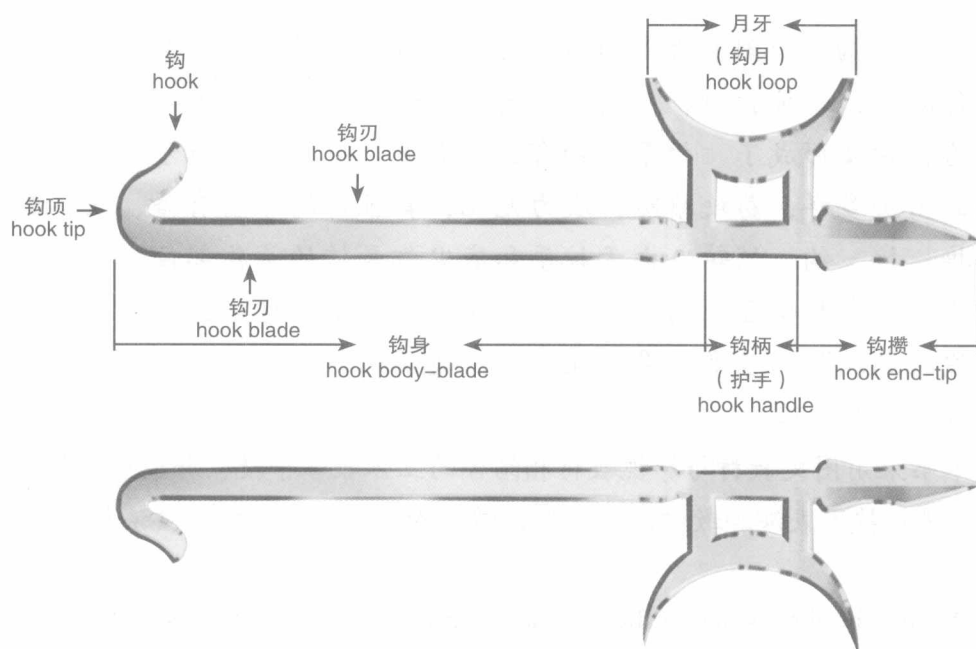
第一节 护手双钩简介 BRIEF INTRODUCTION OF DOUBLE HOOKS

护手双钩是中国最古老的兵器之一。据说，钩是由戟演变而来的，古时作战中，戟被打断，人们便拿着断戟继续战斗，发现仍然具有极大杀伤力，钩便形成了。护手双钩有刃、有尖、有月牙，属于多刃兵器。双钩的用法多样，易攻难防，威力无比，其独特的方法有搂、砍、刺、带、推、拉、钩、锁等。由于护手和底尖都是钩的杀伤部位，此兵器的演练要求配合起伏吞吐的身法以充分发挥钩的多刃作用，故有“钩走浪式，波涛汹涌”的艺术效果。此套钩法集实用与观赏为一体，是中国民间武术的经典套路。

本书采用图文教材与影视教材相结合的立体教学手段，并邀请此钩法权威人士进行技术表演和教学示范，保证学习者获取原汁原味的技法传承。

“Double hooks” is one of the most age-old weapons of China. As the story goes, it is evolved from the halberd. In ancient wars, once the halberd is broken, the soldier had to combat with the broken halberd. While they found that the broken halberd still beard great execution, that is how hooks come into being. It is its bizarre sculpt that puts up the powerful and bold vigour of Wushu. It belongs to multi-blade weapons with its blade, peak and loop. For its various usages, it is easy to attack and difficult to be defended with its unique might. The particular skills of “Double hooks” are cuddle, chop, stab, lead, push, pull, hook and lock etc. In order to exert all the multi-blade weapon's power, the practice of this weapon should be co-operated with phantasmagoric posture, so there is an artistic effect that the movements of the hooks like a surged wave. It is a combination of both practicality and view, and is the typical form of Chinese folk Wushu.

This book adopts the three-dimensional teaching method of diagram, words and video. The authoritative are invited for technical performance and teaching demonstrations, guaranteeing the learners to gain the real technical method transmission.



双钩图解

第二节

护手双钩动作说明与图解

MOVEMENT EXPLANATIONS AND
DIAGRAMS OF DOUBLE HOOKS一、起式
Starting Form

1. 并步站立，身体正直，
双手握钩，双臂下垂，
钩顶向前，挺胸立腰，
目视前方。（图1）

Stand at attention, hold the hooks with
the body ahead, throw out chest and erect
waist, look ahead. (Fig1)



图1

2. 重心前移，双脚不动，
体微左转，挺胸立腰，
向左甩头，目视左侧。
（图2）

Shift body weight forward with fixed
feet, a tiny left turn, throw out chest and
erect waist, swing head towards left, look
at the left. (Fig2)

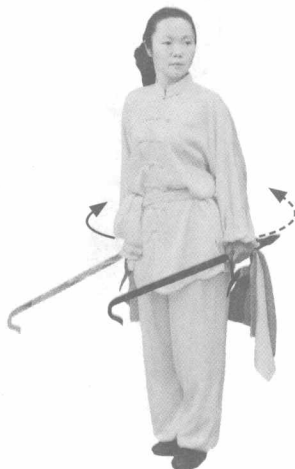


图2



图3

3. 体微前倾，双脚并立，
双肘上提，钩握腰侧，
钩月向下，目视左方。
(图3)

Shift upper body forward with fixed feet. Elbows upright till hooks to waist. Loops down and gaze left. (Fig3)



图4

4. 体微前倾，双脚并立，
左臂向下，送钩前伸，
钩月向下，力达前部，
右钩腰部，目视左钩。
(图4)

Body forward with fixed feet. Left arm down and extend the hook ahead. Hoops down and strength ahead. With right hook at waist and gaze on left hook. (Fig4)



图5

5. 重心前移，身体前倾，
左钩平伸，右钩后拉，
目视左钩。(图5)

Body weight forward. Left hook flatly extend forward. Right hook backward, gaze on left hook. (Fig5)

6. 重心后移，双脚并立，
上体右转，体微右倾，
右手握钩，向下伸直，
左手握钩，方向不变，
头向右转，目视右下。
(图6)

Body weight backward with fixed feet. Upper body turns right, tilt body right slightly. Right hook straightly downward. Keep left hook unchanged. Turn right head and gaze downward. (Fig 6)



图6

7. 重心上提，双脚点起，
上体左转，挺胸立腰，
双手握钩，直臂上举，
贴于肩臂，钩月朝上，
头向左转，目视前方。
(图7)

Body weight upward and both toes rise up. Upper body turns left, throw out chest and erect waist. Hold both hooks up forward. Hooks upward at shoulders. Turn head left and gaze forward. (Fig 7)



图7



二、提膝对钩

Hooks Opposite in Lifting One Knee

1. 上体继续，向左拧转，
双手握钩，贴臂上举，
右腿提起，左腿直立，
挺胸立腰，目视前方。
(图8)

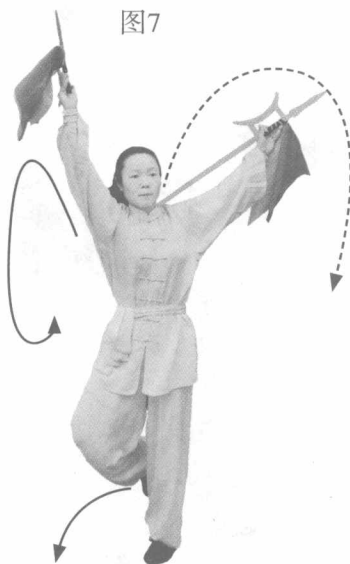


图8